

News Briefs

Making good choices

The Sexual Assault Response Coordinator hosts “Making Good Choices,” a sexual assault prevention discussion for parents and teens, at 5 p.m. today at the youth center gym.

Participants will learn about the dangers and realities of rape and date rape drugs, and how to make good choices to stay safe. For more information, call the Sexual Assault Response Coordinator at Ext. 1130 or Ext. 2875.

Single Parents Group

The monthly Sing Parents Group social is at noon Wednesday in the Columbus Club Happy Lounge. For more information, call Ext. 2631.

Legal Office hours change

The Columbus AFB Legal Office legal assistance hours have changed. Appointments are available from 10 to 11 a.m. Tuesdays and 1 to 3 p.m. Thursdays.

Limited appointments for wills only are available from 10 to 11 a.m. Wednesdays and 9 to 10 a.m. Fridays.

Notary hours are Mon/Wed/Fri from 9 to 11 a.m. Monday, Wednesday and Friday, and 1 to 4 p.m. Tuesday and Thursday.

Claims will continue to be handled on an appointment basis and can be scheduled at Ext. 7031. For more information or to schedule a legal assistance appointment, call Ext. 7030.

Inside



FEATURE 9

BLAZE Team educates youth on expeditionary Air Force.



Senior Airman Cecilia Rodriguez

Defense Commissary Agency employee Robert Davison is one of five recipients of the 2005 Very Important Patriot Award from the military community and featured on special-edition boxes of Kellogg's Frosted Flakes this summer.

CAFB spouse earns VIP Award, Kellogg's cereal box spotlight for volunteer work

Senior Airman Cecilia Rodriguez
14th Flying Training Wing

Columbus AFB Defense Commissary Agency employee and Air Force spouse Robert Davison will share breakfast tables with military families across the country this summer.

A special-edition box of Kellogg's Frosted Flakes features his portrait among five 2005 Very Important

Patriot Award recipients and will be available at military commissaries while supplies last.

The Very Important Patriot Award recognizes volunteers whose service contributes to improving the quality of life in their military or neighboring communities, according to the National Military Family Association's Web site.

The association runs the award program and is a member of "America Supports You," a Department of

Defense program which showcases Americans' efforts to support service-members and their families.

Mr. Davison was recognized for his work as an officer of the 375th Medical Group Booster group and the "key spouse" for the 375th Medical Support Squadron at Scott AFB, Ill., before his family relocated to Mississippi. His wife is Maj. Lisa Davison of the 14th Medical Operations Squadron.

See **CEREAL**, Page 2



Anne Caruthers

Volunteer Patricia Wilson marks items for organization at the Thrift Shop, located at Building 345, C Street. The shop is now open from 9 a.m. to 1 p.m. Thursdays. Consignments are accepted until noon. Volunteers are always welcome. For more information, call 434-2954.

CDC develops new guidelines for flu vaccine

The Centers for Disease Control and Prevention has developed new guidelines for administration of influenza vaccine for the 2006-2007 flu season.

This report updates the 2005 recommendations by the Advisory Committee on Immunization Practices regarding the use of influenza vaccine and antiviral agents. The 2006 recommendations include new and updated information.

Principal changes include:

- 1) Recommending vaccination of children aged 24 to 59 months and their household contacts and out-of-home caregivers against influenza.
- 2) Highlighting the importance of administering two doses of influenza vaccine for children aged 6 months but less than 9 years who were previously unvaccinated.
- 3) Advising health-care providers, those planning organized campaigns, and state and local public health agencies to develop plans for expanding outreach and infrastructure to

vaccinate more persons than the previous year; and develop contingency plans for the timing and prioritization of administering influenza vaccine, if the supply of vaccine is delayed and/or reduced.

- 4) Reminding providers that they should routinely offer influenza vaccine to patients throughout the influenza season.
- 5) Recommending that neither amantadine nor rimantadine be used for the treatment or chemoprophylaxis of influenza A in the United States until evidence of susceptibility to these antiviral medications has been re-established among circulating influenza A viruses.
- 6) Using the 2006-2007 trivalent influenza vaccine virus strains.

A link to this report and other information can be accessed at <http://www.cdc.gov/flu>. (Courtesy of the 14th Medical Operations Squadron Public Health Element)

CEREAL

(Continued from Page 1)

He was named 375th Medical Group and 375th Airlift Wing Volunteer of the Quarter and Year, and Air Mobility Command's Volunteer of the Year after dedicating more than 900 hours to the military community.

He directed fundraising that garnered more than \$5,700, 10,000 free phone minutes and video phone availability for more than 40 families.

He coordinated a cookie drive for deployed members during the holiday season and collected more than 600

pounds of cookies and decorations, and then secured funding for shipping.

As Chapter President of Operation Home Front and an active member of Soldier's Angels, Mr. Davison's contributions to the Scott AFB community totaled more than \$100,000.

He also identified a need to cater to injured troops returning home from Operations Enduring and Iraqi Freedom.

"I have an active duty son in the Army who's been injured twice and is on his way back to Iraq, so that makes the work even more important," Mr. Davison said.

He coordinated with the base commissary vendors and established a free pantry in the Aeromedical Staging

Facility, which provided more than 1,000 pounds of snack food for the wounded passing through Scott AFB. He also provided backpacks filled with toiletries, blankets and clothes for the servicemembers and their families.

For these efforts, among numerous others, Mr. Davison received a \$1,000 prize and a trip to Washington for an awards presentation in November.

(Editor's note: The four other 2005 Very Important Patriot Award recipients were Michele Canchola, a South Carolina Army National Guard spouse; Marine Cpl. Jeffrey Caraway; Marine Sgt. Clinton Firstbrook; and Chris Zaehringer, the son of a retired Air Force officer.)

SILVER WINGS

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Submission Deadline

The deadline for submitting copy for next week's SILVER WINGS is noon Monday. Articles may be dropped off at the public affairs office or e-mailed.

Published by the Commercial Dispatch Publishing Company, Inc., a private firm in no way connected with the U.S. Air Force, under exclusive written contract with the 14th Flying Training Wing.

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Editorial content is edited, prepared and provided by the 14th Flying Training Wing Public Affairs Office of Columbus AFB, Miss.

The SILVER WINGS staff reserves the right to edit or rewrite all copy submitted when necessary. All photos are U.S. Air Force photos unless otherwise stated. Submit all advertising to the Columbus, Miss., Commercial Dispatch advertising department one week prior to desired publication date. The advertising department can be reached at (662) 328-2427.

In Focus

Catherine Hickman
50th Flying Training Squadron



Job Title: Secretary
Time at Columbus AFB: Since Aug. 5, 1991
Total Government Service: 24 years
Hometown: Okolona, Miss.
Family: Army 1st Sgt. (Ret) Ray Hickman; children Ken, Tonya, Lisa and Michelle; and 9 grandchildren
Favorite Musical Artist: Gospel music
Favorite Movie: Cold Mt
Pet Peeve: People who do things at the last minute; People who don't read instructions
Bedside Book: The Bible and Chicken Soup books
Inspirations: Lt. Col. (Ret) Ben Cleveland and Lt. Col. Frank Rossi
Personal Motto: Let me do the paperwork so you can teach and do the flying

AETC takes ownership of CV-22 Osprey

Master Sgt. Austin Carter
58th Special Operations Wing

KIRTLAND AFB, N.M. — It's now official. The CV-22 Osprey, which has been incrementally delivered here since March, is now an Air Education and Training Command asset.

The owner has been Air Force Special Operations Command, but after the recently completed Operational Utility Evaluation and final transfer and acceptance maintenance inspections, the four tilt-rotor aircraft here are now in the AETC inventory. The last Osprey made the transfer July 14.

"It's like buying a car," said Lt. Col. Jim Cardoso, commander of the 71st Special Operations Squadron, the 58th Special Operations Wing unit which will conduct future training on the aircraft. "You want to know if the blinker doesn't work and have it fixed before you buy it. It makes sure there are no surprises in what we're accepting from the losing command."

The long and sometimes serpentine path for a new aircraft to be accepted is more complicated than testing a light switch or kicking the tires.

After the aircraft started arriving in the spring, the Air Force Operational Test and Evaluation Center began the OUE needed to find out the answer to the question: "Is the aircraft suitable for training?" To accomplish this, AFOTEC tasked AFSOC's 18th Flight Test Squadron in Florida to create a detachment to test the aircraft. The final sortie of the three-week OUE was June 29.

Early in July, the final transfer inspection was conducted in conjunction with the aircrafts' periodic maintenance in order to save time and hours.

"It was AFSOC and AETC maintainers working together, one set doing the 'transfer' inspection and the other doing



Staff Sgt. Markus Maier

The first Air Education and Training Command CV-22 sortie prepares to take off from Kirtland AFB, N.M., July 19.

the required 'acceptance' inspection," Colonel Cardoso said. "All four aircraft are now transferred to AETC. It was done piecemeal – whenever the aircraft came up for periodic inspection — but it was done quickly."

Although the two teams of inspectors worked closely during this phase, the acceptance portion was more intensive, said Chief Master Sgt. Michael Hall, NCOIC of the 71st Aircraft Maintenance Unit. That's simply because the acquisition of an entirely new aircraft into the Air Force inventory means new problems must be resolved.

"We had a few expected glitches, mostly with the database," Chief Hall said. "It's a simple transfer of a database of maintenance scheduling when we're accepting an older aircraft, but the CV-22 is new and we found ourselves setting up a whole new database, which we had to make sure was accurate and up-to-date."

But Kirtland's Osprey community is not finished jumping through the inspection hoops yet.

Next is the Initial Operational Test and Evaluation to begin in the fall of 2007, in which the Osprey will be run through the paces to make sure it's fit for operational employment. This month the entire squadron goes to Edwards AFB, Calif., for five weeks to help out with one phase of the developmental test. The CV-22 will be in the California desert to help in the Electronic Warfare Integration Assessment, which tests its electronic warfare system capabilities.

"We're basically trying to help find out if the electronic warfare system does what the contractor says it will do," the colonel said. "We're helping to find out if the CV-22 is operationally suitable to do the mission."

See **OSPREY**, Page 4

Pioneer Clubs begin Aug. 23

Senior Airman Cecilia Rodriguez
14th Flying Training Wing

Parents of ages 3 to 12 years can now register their children for the base chapel Pioneer Clubs program.

Pioneer Clubs is a 32-week program that helps educate youth about faith and the Bible. The Christian Ministry began more than 60 years ago and currently serves more than 3,000 churches and more than 140,000 children throughout the country.

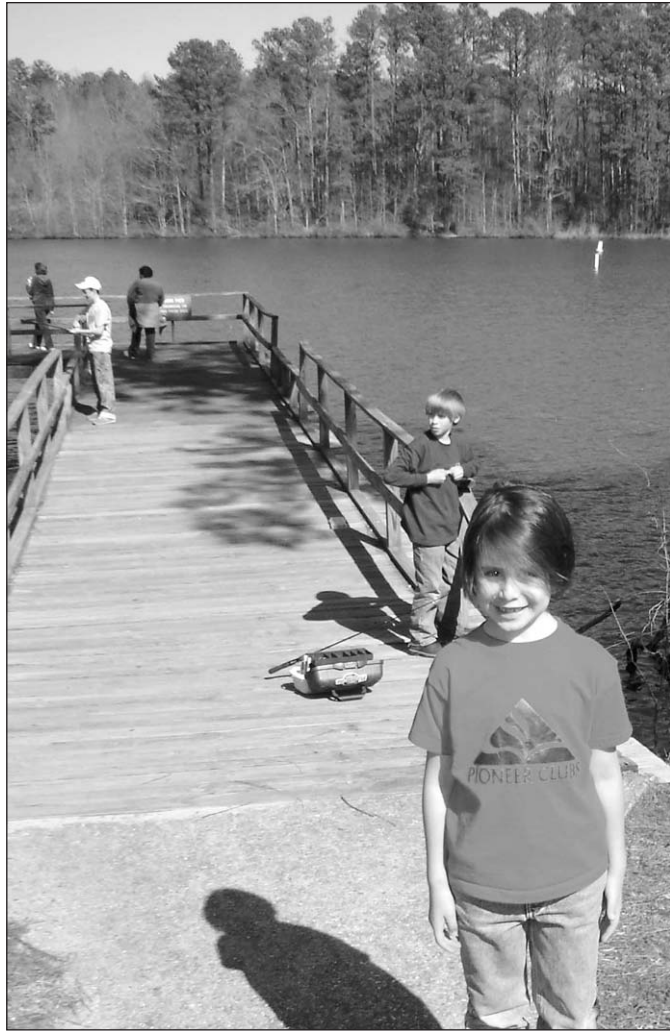
The Columbus AFB chapter resulted from an increased child attendance at the chapel's weekday Bible study.

"Pioneer Clubs teaches children that Christ is with them always in everything they do," said Ida Hall, Pioneer Clubs coordinator. "The program will help children enter into a personal relationship with Christ and His word."

Youth are divided into five classes: three year olds, ages 4 to 5, first through second graders, third through fourth graders, and fifth through seventh graders.

Each class will meet from 6 to 7:30 p.m. every Wednesday beginning Aug. 23 for an opening activity, Bible story, faith exploration and a snack.

Parents are invited to volunteer with the weekly program throughout the year. Registration forms for children and volunteers are available at the chapel. For more information, call Ms. Hall at Ext. 1121 or Ext. 2500.



Courtesy photo

Jordan Montoya, 7, smiles for the camera during a Pioneer Clubs hike at Lake Lowndes last year.

In Focus

Staff Sgt. Brandon
Kekoamanaokeakuakapulani
-Cuizon Stagner
14th Security Forces Squadron



Job Title: Security Forces Shift Sergeant
Time at Columbus AFB: 3 years
Time in Service: 11 years
Hometown: Laie, Hawaii
Family: Father, mother, 2 older brothers, 1 older sister and 1 younger brother
Favorite Musical Artist: Israel Kamakawiwo'ole
Favorite Movie: Tombstone
Pet Peeve: Leaving lights on
Bedside Book: Old Stories of Honolulu
Inspirations: Parents
Personal Motto: Hakuna Matata

OSPREY

(Continued from Page 3)

Eventually, Colonel Cardoso said, the inspections lead the aircraft to its final goal in January 2009 – the Initial Operation Capability. This will be the moment the warfighting command certifies the aircraft is fully mission capable.

"Everything is geared toward that moment," he said.

After the return of the Osprey community from California in August, the CV-22 will be ready to begin its mission here – training flight crews.

"After the EWIA we can solely concentrate on being a school," Colonel Cardoso said. "In September we'll be like all the other squadrons in the 58th SOW we'll be training, which is what we've been building up to since the squadron stood up in May 2005. It's exciting to finally be doing what we've been set up to do.

"Six months ago, seeing a CV-22 over the Albuquerque skyline was a 'Gosh, what's that?' moment. Six months from now it will be commonplace. This is not a rumor; it's happening."

Base newspaper online

People may view past Silver Wings issues online by clicking on the "Silver Wings Base News" link at www.columbus.af.mil. The newspaper staff is always in search of interesting story ideas. For more information, call Senior Airman Cecilia Rodriguez at Ext. 7070.

Back-to-school season reminds motorists to drive with caution

Senior Airman Cecilia Rodriguez
14th Flying Training Wing

As children head back to school Aug. 4, BLAZE Team members are reminded to be especially attentive to child pedestrians. Youth often don't look both ways when crossing the street, can dart out in front of vehicles and sometimes disregard oncoming traffic. Children also sometimes step off the sidewalk and into the street to avoid getting wet by sprinklers that shower the sidewalks.

But they are most likely to get hurt during routine pickup and drop off in "the danger zone" – the area inside a 10-foot radius around the bus. Small children are often invisible to both the driver and approaching motorists in this zone.

Drivers who illegally pass a stopped school bus place the lives of children in jeopardy.

"One of the biggest factors drivers need to remember is that they will be meeting school buses again," said Bill Wright, 14th Flying Training Wing Safety Office. "When a school bus is stopped with warning lights on, traffic

from both directions must stop – even on a four-lane road."

BLAZE TEAM members must heed traffic laws and speed limit signs posted on base at all times. On Columbus AFB, motorists are required to drive at 10 mph when in a school speed zone even if there are no children present.

People must also be careful when driving near the youth center, as buses stop there to drop off children for the after-school program. *(Information for this article was provided by the 14th Flying Training Wing Safety Office)*



Culture shock at Columbus, around the AF

Capt. Jennifer Daines
14th Flying Training Wing
Military Equal
Opportunity Chief



A quick glance around Columbus AFB these days reveals the unmistakable signs of Airmen and their families in transition. Our streets are lined with contract moving trucks, U-Hauls, and privately owned vehicles packed to overflowing with clothes, toys, photo albums and other prized possessions. Summer is always the busiest time of year for permanent changes of station, and now that we have reached the end of July, the rush is on for many families to get moved in time for school to start again. When we're in the middle of a PCS, we don't usually stop to think about the larger implications of what we're doing. We're too busy focusing on all the little things that must be done, such as housing inspections, hotel reservations and security deposits. A move to a new location, whether state-side or overseas, is a chance to learn and grow, both as individuals and as families. Moving provides unique opportunities for

change, as we must leave one culture behind and somehow negotiate a way to exist in the new culture that we encounter. Every location, every Air Force base, has a "culture," a modus operandus that influences the activities of the base community. There is a definite Lackland culture, shaped by that base's unique mission of providing Basic Military Training for all new enlistees to the Air Force. Randolph, though co-located in San Antonio, has a distinctly separate culture from Lackland, as its mission and personnel make-up are quite different. If we think of any base, be it Offutt, Patrick, Scott, Osan, Kadena, Bagram, or Balad, we can almost certainly pinpoint traits that define the "culture" of that base. That being the case, when we move from one base to another, we often experience culture "shock," although we normally don't think of it in those terms. To most people, it's just another PCS. Our own family experienced a bit of culture shock when we moved to Columbus last December. Some of the differences we experienced were mission related (I had to brush up on my "pilot-ese"), while others

were a result of the geographic location of the base. Any way that you slice it, Columbus is in the South – the "true" South. Given that reality, there are some cultural norms on this base and in the local community that may catch newcomers off-guard. When our family moved here, I was six months pregnant, and as is typical of women in that condition, my hands were swollen so that I could not wear any jewelry. I happened to be in town one night, shopping for essentials for the new house, when I noticed that every older lady who walked passed me made a point of staring at my hand. Though taken aback, I quickly realized what was going on – I was obviously pregnant and not wearing a wedding ring. In other parts of the country, no one would have even noticed that I was pregnant, much less that the fourth digit on my left hand was bare. Columbus, however, is part of the "Bible Belt," and as such, the seemingly minute detail of a wedding ring is very important. In situations such as this, where cultures

collide and outsiders inadvertently break the unwritten rules of a society, it is quite tempting to be offended. In my thirty-plus years of Air Force life, both as a "brat" and as an Airman, however, I have learned that choosing to take offense usually gets me nowhere. Rather than buck against the culture of a base or community, we would do better to embrace it, incorporating the positive characteristics that we find into our own personal and family "cultures." In most cases, when we choose to take offense, it was not actually intended. Most offenses arise from simple cultural differences, whether they be religious, societal or linguistic in nature. The next time we get ready to make a PCS move, I hope that we will consider the culture we are leaving behind, as well as the one we will encounter at our new base. We can minimize the effects of culture shock and make the best of potentially "offensive" situations by educating ourselves about the local culture. Rather than rejecting a base's culture because the people there think, act or speak differently, we should appreciate those differences and embrace those that are positive.

"A move to a new location, whether stateside or overseas, is a chance to learn and grow, both as individuals and as families. "

On that day ... a reminder of why the Nat'l Anthem plays

Maj. Mike Stolt
97th Flying Training Squadron

SHEPPARD AFB, Texas — It was a hot Tuesday afternoon. I was leaving Bldg. 402 after updating my base vehicle sticker. As I walked toward the double-glass doors leading to the parking lot, I encountered a small group of people standing just inside the door — two Airmen, a civilian employee and one captain. As I reached for the door, the captain said, "You don't want to go out there right now." I looked out and saw traffic stopped and several people standing in the hot July sun, gazing westward, some saluting, some standing at attention and some with their hands laid on their chests. No, I don't really want to go out there right now. I looked at my watch — 4:30 p.m. I stood with the group that now numbered five. No one spoke. One Airman made a call on her cell phone, the other shifted his gaze back and forth between his shoes and the wall. The captain sifted through a folder of papers. The civilian and I watched through the glass doors as a technical sergeant stood at attention, saluting ... a sweat ring growing on his back. It seemed to go on forever. The base loudspeakers squeaked out the last recorded notes of the national anthem. The cars rolled forward, the

technical sergeant lowered his salute. The civilian pushed our door open and walked out. The rest of us followed. When the heat hit me, I felt fortunate that my timing had kept me inside during the long ceremony. I thought about that day for weeks. Images of the episode flashed through my mind as if I'd witnessed a crime — the plate-sized sweat ring, the glow of the cell phone on the Airman's cheek, the civilian's hand resting on the door handle, the glare of the sun, the heat. I recently read an article about the war on terror and learned that we average 2.35 Americans dead and 10 wounded every day in the area of responsibility. That day leapt back into my thoughts. A few hours of research helped me identify the date — July 14, 2005. *On July 14, 2005, 23-year-old Cpl. Chris Winchester and 22-year-old Cpl. Cliff Mounce were killed when their vehicle was targeted by an improvised explosive device in Baghdad. On that day, 21-year-old Pfc. Tim Hines Jr. died when an IED hit his Humvee. On that day, 34-year-old Staff Sgt. Tricia Jameson was killed by a secondary IED while she was treating a victim of the primary IED. She, Chris Winchester and Cliff Mounce all died in Trebil. We can assume she was treating Chris, Cliff or another in their group. She volunteered to go to Iraq and had been in-country three weeks. On that day, four American Soldiers died in Iraq and numerous others were wounded.*

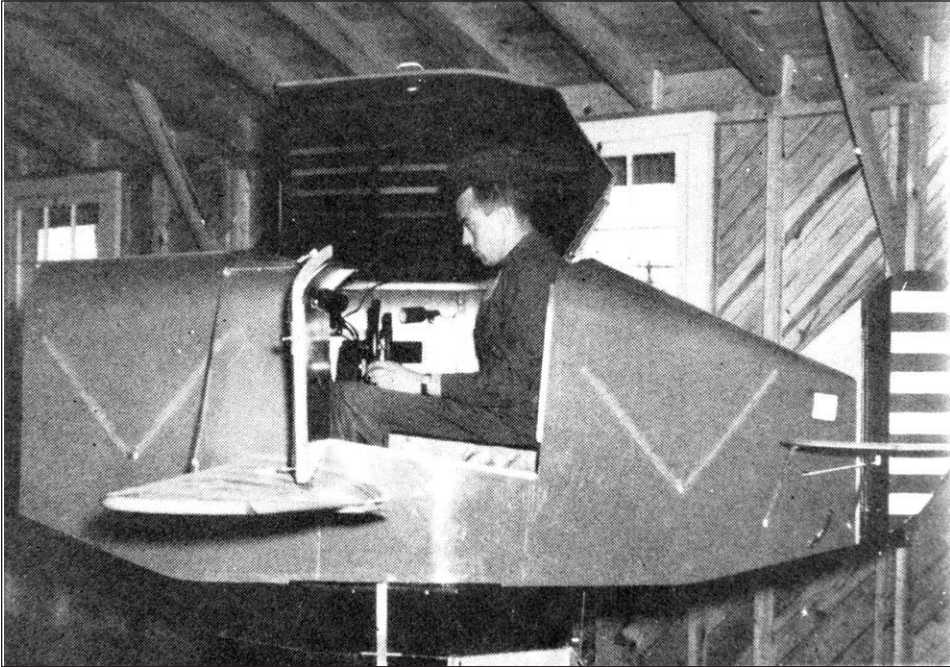
On that day, four families were plunged into mourning. On that day, I flew one sortie, sifted through e-mail, updated my base vehicle sticker and hid from the heat behind a glass door. Why does it matter that I avoided participating in retreat? Some may think it's silly symbolism, that it's not real. An aircraft is real. A computer, a vehicle sticker — they're real. I believe that anything that you allow to move you, or that inspires those around you to search their hearts, is as real as the bomb that tore Chris Winchester's body apart last summer. Anything that forces an entire base to stop and listen to their thoughts for a while is real. Anything that causes you to pause and acknowledge that American Soldiers may be under fire as you listen to the national anthem is real. As we five stood inside that doorway, the Soldiers killed and wounded that day may have been bleeding, screaming and dying in the sand. If my timing is ever again as perfect as it was that day, I'll be prepared. I'll be ready with, "Yes, I do want to go out there right now." You may not come with me, but I'll bet you think about it for weeks. If I had stepped outside to pay respect to the flag and to the four Soldiers who died that day, how long would it have taken? One minute and 28 seconds.

History of pilot training, its origins at Columbus

Capt. Colin Burchfield
14th Medical Operations
Squadron

The Signal Corps flying school at North Island was officially established on Dec. 8, 1912, with only five assigned flyers. By the end of 1913, there were 20 officers on aviation duty and it was formally designated the "Signal Corps Aviation School," the Army's first permanent-type flying installation. By 1916, pilot training necessitated additional facilities. The first of these was opened at Mineola, N.Y., in July 1916. The next school opened in the summer of 1916 at Ashburn Field near Chicago, followed by one inside a race track at Memphis, Tenn., in December 1916, and another in February 1917 at Essington, Pa. By April 5, 1917, there were 131 officers — only 56 of which were airplane pilots and 51 were flying students — and 1,087 enlisted men in the Aviation Section of the Army Air Corps.

Fewer than 300 airplanes were in its arsenal and none of them were suitable for carrying out combat missions. Because of this, only primary flight instruction was provided to cadets in the United States and Canada. More advanced training often had to wait until they got overseas, just prior to entering combat. More than 2,000 cadets were sent to England, France and Italy for primary flight instruction, in order to accelerate training. Some of them later flew combat with the air services of these foreign countries before being assigned to U.S. squadrons. By Nov. 11, 1918, 16,587 cadets had graduated from ground schools and 8,689 from primary flight schools in the United States. Schools in Europe had also trained 1,674 pilots and 851 observers. Unfortunately, there was an average of one killed in an airplane accident for every 18 fully trained flying officers. One of the greatest accomplishments of the U.S. Army Air Forces during

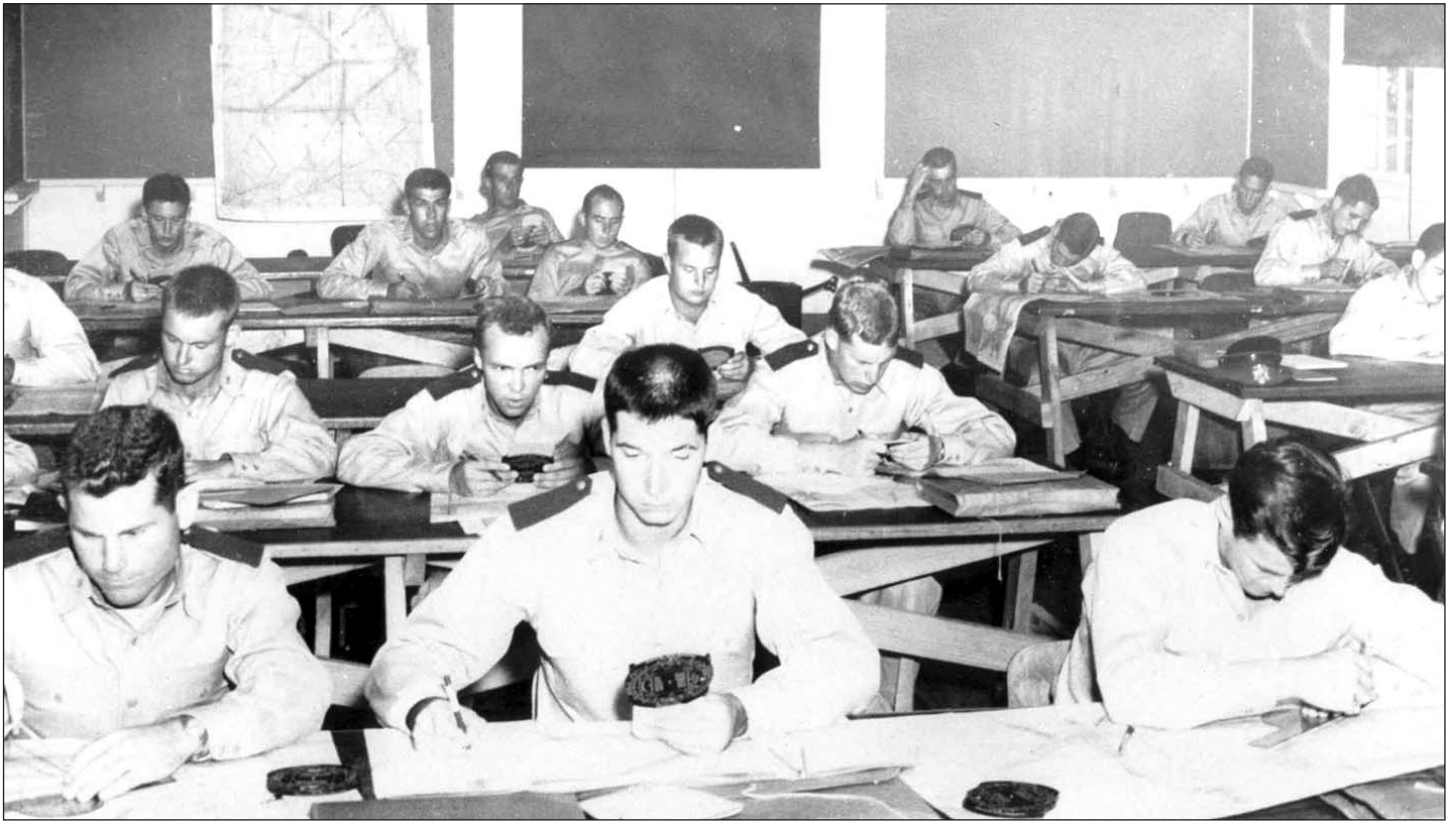


U.S. Air Force photos

A student pilot hones his skills in the World War II era link trainer.

WWII was the training of hundreds of thousands of flying and ground personnel for its armada. These individuals were molded into the most formidable Air Force the world had ever seen before the war. In March 1944, their numbers swelled to 2,411,294 — about 31 percent of the total strength of the U.S. Army. When the United States entered the war in December 1941, the USAAF continued with the pilot training program originally established in 1939 — primary flying schools operated by civilian companies under contract, and basic and advanced flying schools operated by the USAAF. From January 1941 to August 1945, there were 191,654 cadets who were awarded pilot wings. However, there were also 132,993 who "washed out" or were killed during training, a loss rate of about 40 percent due to accidents, academic difficulty, physical problems and other causes. Construction began on Columbus AFB in 1941. The base began as an advanced twin-engine flying school during the rearming of America prior to World War II. More than 8,000 students came to Columbus for pilot training during World War II to become flying officers in the Army Air Corps. By war's end, the air base — now known as Columbus Army Air Field — had become one of the largest in the Southeast, with four runways and seven auxiliary fields. Today, Columbus AFB is home to the 14th Flying Training Wing and graduates more than 400 of the world's best military pilots every year.

(Editor's note: These were the beginnings of the notable history of Columbus AFB and pilot training in the United States Air Force. Join the BLAZE Team in celebrating its heritage at the 2006 Air Force Ball Sept. 22 at the Trotter Convention Center in downtown Columbus.)



U.S. Air Force Photo

Students study instruments and academics during World War II pilot training.

PDF JR.



Top: Alexis Hines, 9, tries a cold weather gear coat on for size.

Right: Isaiah McElroy, 6, uses the URC-200, a portable transceiver radio used for communication to other ground units and aircraft.



Photos by Senior Airman Cecilia Rodriguez

Staff Sgt. Jo Ann Bonzi, 14th Security Forces Squadron, explains the importance of a personal identification card during Personnel Deployment Function Jr. Wednesday at the Walker Center mobility hangar. The Family Support Center coordinates the yearly event to familiarize youth with military deployments and demonstrate how the Air Force takes care of their parents while deployed.



Left: Members of PDF Jr. Chalk 3 sample Meals-Ready-To-Eat.

Below: Tech. Sgt. Eryn McElroy, 14th Medical Operations Squadron, and her son Michael, 11, are interviewed by NBC affiliate Tupelo WTVA about Michael's understanding of military deployments after experiencing PDF Jr.



Summer programs provide recreational family fun

Painting the USA



Pam Wickham

Arts and crafts director Joan Havens gives Amanda McDade pointers while painting her craft project. The arts and crafts center offers adult classes every Tuesday and youth classes every Wednesday. A display of class projects is located in the center's lobby. For more information, call Ext. 7836.

Fall soccer and flag football: Parents can register their children for these sports now through Aug. 18 at the youth center. Cost is \$30 per child. The seasons end Oct. 21. Coaches are always needed. Call Ext. 2504.

All-you-can-eat lunch buffet: The Columbus Club offers a different buffet from 11 a.m. to 1 p.m. Tuesday through Friday. Cost is \$5.50 per person and includes iced tea and dessert.

Tuesday's buffet includes meatloaf, Southern fried pork chops, mashed potatoes and gravy, black-eyed peas, vegetables, a garden green salad, oven baked rolls and apple pie.

Wednesday's buffet features fried chicken, smoked brisket, all the sides and home-made cobbler.

Thursday's backyard barbecue comes with pork ribs, chicken wings, corn, potato wedges, cole slaw, Texas toast and assorted puddings.

Friday's buffet features fried catfish, country fried steak with gravy, corn, cole slaw, garden green salad, hush puppies, seasoned new potatoes and assorted home baked cakes.

Summer Strike Force ends Monday: Customers have until Monday to get their punch card entries in for the Summer Strike Force drawing for \$500 cash. For more information, call Ext. 2426.

Summer day camp: The youth center offers this program for youth who have completed kindergarten through sixth grades. Camp is from 7 a.m. to 6 p.m. Monday through Friday. Cost is based on total family income. Activities include swimming, field trips, arts and crafts, sports and more. Call Ext. 2504 for more information.

Bowling center special: The bowling center offers 50-cent bowling all day Monday, Tuesday and Wednesday during the summer. Patrons who purchase a combo meal from 11 a.m. to 2 p.m. can bowl for 50 cents a game with free shoe rental. Call Ext. 2426.

Oil change special: The auto hobby shop offers an oil change and tire rotation for \$26. Customers can add a tire balance for a total of \$40. Call Ext. 7842 for an appointment.

Beginners scuba class: Register at Outdoor Recreation for the beginners

scuba course offered from 5:15 to 9:15 p.m. Aug. 14, Aug. 17, Aug. 21, Aug. 24, Aug. 28 and Aug. 31. Cost is \$300 per person and includes all water and classroom instruction, swim tests, wet suits, local air, pool time and transportation to Blue Water Dive School for final certification dives Sept. 9 and Sept. 10. Lodging and air for the final two days certification dives is not included. The class is limited to a minimum of four people and a maximum of 12 people. Call Ext. 7861 for more information.

Florida golf trip: The information, ticket and travel office offers a trip to Ft. Walton Beach, Fla., Sept. 22 to Sept. 24 for a weekend of golf. Cost is \$165 for Whispering Pines annual greens fee card holders and \$180 for nonmembers. Cost includes transportation, two nights lodging and two rounds of golf at Eglin AFB. The bus will depart at 10 a.m. Friday and return late Sunday afternoon. A non-refundable 50-percent deposit is required when registering. For more information, call Ext. 7861.

Saints football trips: The information, ticket and travel office offers one and two night trips to all New Orleans Saints home games. Cost is based on double occupancy and includes transportation, shuttle service, game ticket and accommodations. One night trips are \$125 per person and two night trips are \$175 per person. Upcoming one night trips are Sept. 25 against the Atlanta Falcons, Oct. 8 against the Tampa Bay Buccaneers, Oct. 15 against the Philadelphia Eagles, Oct. 29 against the Baltimore Ravens, Dec. 3 against the San Francisco 49ers, and Dec. 17 against the Washington Redskins. The two night trips are Nov. 19 against the Cincinnati Bengals and Dec. 31 against the Carolina Panthers. For more information, call Ext. 7861.

White Water Rafting trip: The outdoor adventure program offers this trip Sept. 2 through Sept. 4 on the Ocoee River. Cost is \$115 per person and includes transportation, river trip, two nights lodging and two meals. Call Ext. 7861.

Base photography contest: Entries for

this contest are due Oct. 5 at the arts and crafts center. Competition is separated into two age groups - adult and youth (ages 17 and younger). There are four groups with five categories of competition for both age groups. Groups are: monochrome prints, color prints, color transparencies and digital photos. Categories are: military life, people, nature/scenic, creative effects and computer imaging and enhancement. Call Ext. 7836 for more information.

Artist craftsman contest: Entries are due Sept. 21 for this contest at the arts and crafts center. There are two age groups - adult and youth (ages 17 and younger). Categories of competition are: fine art, textile art, industrial art and multicrafts/pattern art. For more information, call Ext. 7836.

Self help car wash: There is a self-help car wash located behind the youth center on Ninth Street. Cost is \$1 for five minutes; and for an extended wash, customers may add a quarter for each additional minute before the time ends. Call Ext. 7842.

Chapel Schedule

Catholic

Sunday:
8:15 to 8:45 a.m. — Confessions
9:15 a.m. — Mass
4:30 to 5 p.m. — Confessions
5:30 p.m. — Mass
Monday through Thursday:
11:30 a.m. — Mass
Thursday:
6 p.m. — Choir practice

Protestant

Sunday:
9 a.m. -- Sunday School
10:45 a.m. -- Traditional worship
service at the chapel with a fellowship
luncheon every fourth Sunday of
the month
Thursday:
5:30 p.m. — Choir practice

For more information on Bible studies
and other programs, call the chapel at
Ext. 2500.

Pool party kickoff

A CCD, Sunday school and Pioneer
Clubs kickoff is at 7:30 p.m. Aug. 25
at Independence Pool. Hamburgers, hot
dogs and drinks will be provided.
Participants are asked to bring a side dish
or dessert to share. For more information,
call Ext. 2500.

Sunday school

The chapel Protestant Sunday school
program begins at 9 a.m. Aug. 20.

Children ages 3 years to 12th grade are
invited to register. For more information,
call Denise Bowlan at Ext. 2949 or Ext.
2500.

Wednesday evening studies

The chapel's adult studies begin at 6
p.m. Aug. 23. Two classes will be offered
to anyone interested: a video study enti-
tled "The Parables of Christ" and a study
entitled "The Pursuit of Holiness." For
more information, call the chapel at Ext.
2500.

Family Support Center

***(Editor's note: All activities are offered
at the Family Support Center unless otherwise
specified. For more information about any of
the activities listed, call Ext. 2790.)***

Resumes

A workshop about different types of
resumes and how to write one effectively
is from 9 to 10 a.m. Thursday.

WIC

Representatives from Women, Infants
& Children visit Columbus AFB twice a
month. Active-duty military personnel
and family members who are pregnant or
have children younger than 5 years old
can make appointments to meet with a
WIC representative on base to deter-
mine eligibility and/or receive vouchers
for food supplements. Eligibility is based
on income and number of family mem-
bers. To make an appointment, call Ext.
2790.

Free computer workshops

The Family Support Center and East
Mississippi Community College Work
Force Development offer Introduction to
Computers from 2 to 4 p.m. and Microsoft
PowerPoint from 4:30 to 6:30 p.m. Aug. 14
through Aug. 30. All workshops meet
Monday and Wednesday for three weeks.
Seating is limited.

These programs are offered at no cost
to active duty, retirees, family members or
contractors.

If the base network control center
offers the same workshop, active-duty
members must attend the NCC workshop.
To register or for more information, call
Ext. 2790.

Local employment

A workshop about employment oppor-
tunities with local businesses, the 14th
Services Division and government appli-
cations is at 1 p.m. every Wednesday.
Resumes and other job applications will
also be discussed.

Spouse welcome

A welcome reception for spouses new to
Columbus AFB is from 10 to 11 a.m.
every Wednesday at the Magnolia Inn
Lobby. Spouses will receive gifts and
information about the family support cen-
ter.

Deployment briefings

Military personnel going remote or
being deployed must attend a mandatory
briefing held daily at 9 a.m. Family mem-
bers are encouraged to attend. For more
information, call Ext. 2974 or Ext. 2790.

Base Notes

9-1-1

The only number BLAZE TEAM
members should use to make emergency
calls is 9-1-1. When dialing 9-1-1 from
base phones and cell phones, callers
should make sure to state their exact
location. By following these instructions,
all emergency calls will be forwarded to
the Columbus AFB Fire and Emergency
services E-911 center. Columbus AFB
Fire and Emergency Services maintains
two dedicated E-911 lines to handle
emergency responses.

ACT

The Education Services Flight will offer
the ACT college admissions test for mili-
tary personnel from 8 a.m. to noon Aug. 30.
Seats are limited. To reserve a seat for this
testing session, call Ext. 2562.

Massachusetts ANG

The 104th Fighter Wing invites serv-
icemembers separating from the Air
Force to become a member of the
Massachusetts Air National Guard. As
traditional guardsmen in the only fighter
wing in Massachusetts, Airmen may
qualify for a \$15,000 enlistment bonus or
take advantage of free college tuition
and fee waiver at any of the state col-
leges and universities -- Massachusetts
residence is not a requirement. To learn
more about this incentive and other ben-
efits, call (800) 247-9151 or DSN 698-
1567; or e-mail recruiting@mabarn.
ang.af.mil.

Watermelon Welcome: The Columbus Parents for
Public Schools, The Commercial Dispatch and
AmSouth Bank sponsor a Watermelon Welcome for
Columbus public schools kindergarten students and
their families from 4 to 6 p.m. today at Dwayne Hayes
Recreation Area Sprayground. Families will have the
opportunity to meet classmates and build on the collec-
tive efforts of parents, faculty and staff across the com-
munity to share news about education opportunities
available in the public schools. There is a \$3 park
entrance fee per car, and watermelon and drinks are
provided. All children must be accompanied by a parent
or adult guardian. For more information, call Dan and
Lori Pierce at 243-1688 or Chuck and Leigh
Yarborough at 327-5177.

Christmas in July: "Christmas In July," a women's
conference and benefit featuring Bridget Taylor, is
today and Saturday at Ridgecrest Baptist Church in
Madison, Miss. The conference will begin at 7 p.m.
today with a full concert by Ms. Taylor and conclude
Saturday at noon. During the two-day conference, Ms.
Taylor's messages will teach women that having a joy-
filled life is completely within their control and easily
within their reach. Admission is \$20. Childcare and deaf
interpretation will be provided. For more information,
contact Hallie Duckworth at (601) 853-7687 or e-mail

director@thechristmasvillage.org.

Fan Drive: People can donate new fans to Helping
Hands from 8:30 a.m. to 3:30 p.m. Monday through
Friday at 215 Fourth Street North to families and indi-
viduals in need this summer. For safety purposes, please
only donate new fans.

High school exchange program: The Cultural
Academic Exchange, Inc. seeks families in the Golden
Triangle area to host high school foreign exchange stu-
dents. For more information, contact the Columbus
Community Volunteer Center at 327-0807 or e-mail
volunteercenter@cableone.net.

Free WWE tickets: Armed Forces Entertainment
has teamed with WWE to offer free tickets to active-
duty military members for all WWE events. Airmen
need only arrive at the venue the day of the show and
present an active-duty military ID at the ticket counter
for free admission. The offer is only available to military
members, not dependents.

SummerSlam & Smackdown present WWE's Biggest
Party of the Summer! at 7 p.m. Aug. 6 in Jackson, Miss.,
and at 7 p.m. Aug. 7 in Tupelo, Miss. For a complete list
of upcoming WWE events, visit www.wwe.com/sched
ules/events/.

Daily historic home tours: Drop by or call the
Mississippi Welcome Center or the Columbus Historic
Foundation for schedules of historic homes that open
daily to the public for tours. For more information, call
(800) 920-3533.

Artrageous Riverfront Arts Tour: The public is
invited to celebrate the visual arts in downtown
Tuscaloosa, Ala., Thursday. For more information, call
(205) 391-9200 or visit www.kentuck.org.

Barbecue dinner: The Caledonia Parent-Teacher Organi-
zation sponsors a barbecue and hotdog dinner at 5:30 p.m.
Thursday at the Caledonia High School cafeteria.
Barbecue plates cost \$5 and include a large barbecue sand-
wich, chips and drink. Hotdog plates cost \$3 and include a
hotdog, chips and drink. Everyone is invited to support the
school. For more information, call Eva Canfield at 434-
2666 during the day or 329-1308 evenings.

Natchez Food & Wine Festival: Regional chefs will
unite to create dinners in the elegant Natchez mansions
Aug. 4 and Aug. 5 in Natchez, Miss. The event will fea-
ture a series of food demonstrations, regional foods,
local artisans, wine tasting and book signings. For more
information, call (601) 445-4611 or visit [www.natchez](http://www.natchezfoodfest.com)
foodfest.com.

BARGAIN LINE

Bargain Line advertisement

The Bargain Line is free for all military members (including guard and reserve members), DOD civilians, military retirees, family mem-
bers and contract employees.
Bargain Line advertisements must be turned in to the Silver Wings office in the 14th Flying Training Wing headquarters building by
noon Monday to be included in the following week's issue. Late ads will be held over for the next issue.
Reruns must be phoned in to the Silver Wings office, 434-7068, by noon Monday for inclusion in the next week's issue. Please do not
re-submit ads for rerun on this form. Advertisements should contain a home phone number, home address or both. Duty phone num-
bers will not appear in the ads.
Advertisements for private businesses or services providing a continuous source of income, such as baby-sitting or rental property, may
not appear in the Bargain Line. They may, however, be purchased through the Silver Wings publisher, 328-2424. Please fill out this
form completely. The Silver Wings staff reserves the right to edit ads as necessary.

Type of advertisement (circle one) Home Transportation Miscellaneous Yard sales Pets

Print advertisement _____

Name _____

Home Telephone # _____ Duty Telephone # _____
(in case we need more information)

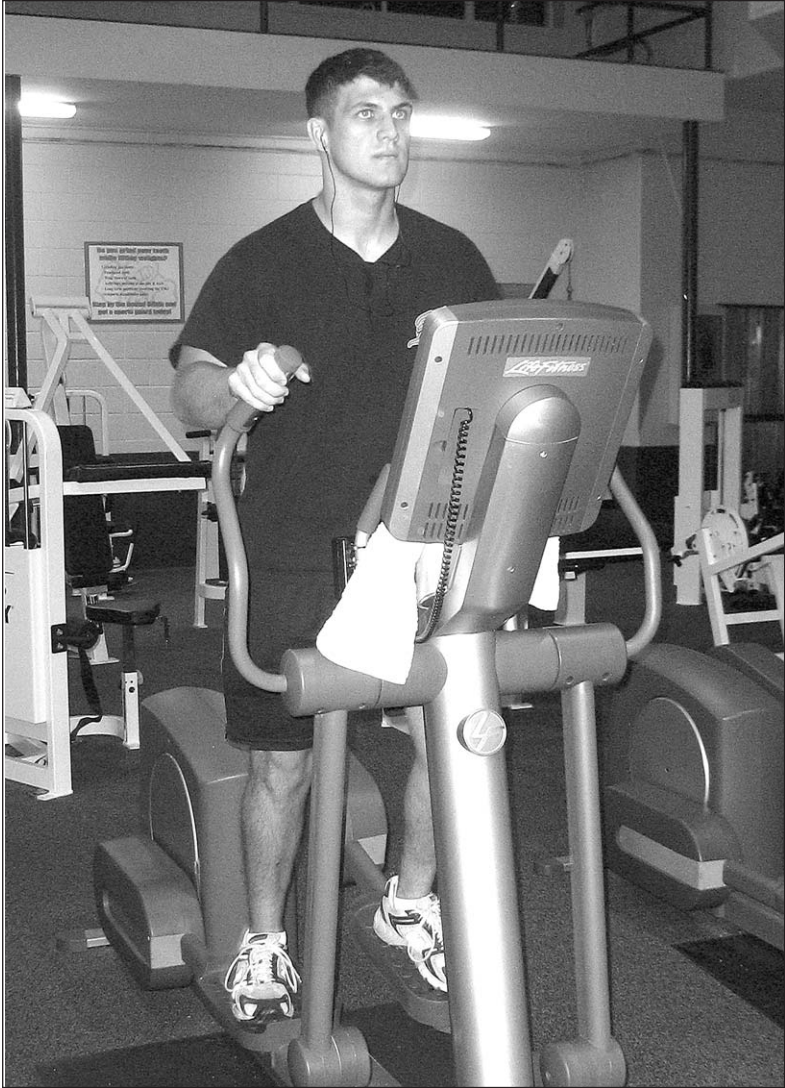
Please let us know what you think of the Silver Wings:

Are you happy with the Silver Wings? Yes ☐ No ☐
What would you like to see more of in the newspaper? News ☐ Sports ☐ Photos ☐ Other _____
If you would like to give any other suggestions, please e-mail us at silverwings@columbus.af.mil.

Columbus AFB Bus Route 06-07

School	Pick Up Time	Route	Bus No.	Bus Driver
Columbus High	6:10 a.m.	Columbus Cir, Capitol Ave, State Loop, Topeka Dr, Mississippi Ave	02-01	S. Watson
Lee Middle	6:10 a.m.	Columbus Cir, Capitol Ave, State Loop, Topeka Dr, Mississippi Ave	98-01	C. Norman
Hunt Intermediate	6:55 a.m.	Columbus Cir, Capitol Ave, State Loop, Topeka Dr, Mississippi Ave	06-02	B. Trimm
Franklin	6:55 a.m.	Columbus Cir, Capitol Ave, State Loop, Topeka Dr, Mississippi Ave	94-04	R. Trimm
Franklin	6:55 a.m.	Columbus Cir, Capitol Ave, State Loop, Topeka Dr, Mississippi Ave	93-01	C. Stokes
Cook	6:55 a.m.	Columbus Cir, Capitol Ave, State Loop, Topeka Dr, Mississippi Ave	05-02	J. Smith





Senior Airman Cecilia Rodriguez

BLAZE Team members like Mason Enright of the 37th Flying Training Squadron are reminded to increase workout frequency, intensity and duration at a moderate pace to prevent injury.

BLAZE Team Fitness Monthly

Courtesy of the 14th Medical Operations Squadron Health and Wellness Center Staff

(Editor's note: This is the first of a reoccurring series of articles from the Health and Wellness Center designed to help BLAZE Team members improve their physical training programs and fitness levels.)

Performance

Improved running performance requires three things:

Speed work — May consist of interval training or fartlek training. These are short bouts of hard running followed by recovery periods.

Endurance work — Training should consist of a slow run lasting at least 30 minutes.

Heart rate work — Runs should last 20 to 30 minutes at a heart rate between 70 to 80 percent of your max heart rate.

(220 - Age x 0.70 and/or 0.80) = Target Zone

Injury prevention

Increasing the frequency, intensity and amount of time a person does exercise in a slow, regimented fashion is the No. 1 way to prevent over use injuries like shin splints, tibial fractures and knee cap pain.

Reminder

Individuals with a fitness score of less than 70 points should be filling out an Air Force Form 1975 after every exercise session

Motivation

“Those who do not find time for exercise will have to find time for illness.” — *Earl of Derby*

For more fitness information, call Ext. 2477.

Strength Program of the Month

(To be completed every other day)

<u>Exercise</u>	<u>Weight</u>	<u>Repetitions</u>	<u>Sets</u>	<u>Speed</u>	<u>Rest</u>
Bench press	Moderate	12	3	2 up, 2 down	1 min.
Row	Moderate	12	3	2 up, 2 down	1 min.
Tricep extension	Light	15	3	2 up, 2 down	1 min.
Bicep curl	Light	15	3	2 up, 2 down	1 min.
Squats	Moderate	15	3	2 up, 2 down	1 min.
Lunge	Moderate	10	3	2 up, 2 down	1 min.
Sit-ups	Body weight	20	3	2 up, 2 down	1 min.
Bicycle crunch	Body weight	20	3	2 up, 2 down	1 min.

Sports Shorts

Fall golf league

A coaches meeting for the fall golf league is at 4:15 p.m. today at Whispering Pines Golf Course. The season will begin Aug. 8. Games will start at 4 p.m. Tuesdays. If there are more than nine teams, the league will play Mondays as well. To participate or for more information, call the golf pro shop at Ext. 7932.

Par 3 golf tournament

The Whispering Pines golf course offers this tournament at 8 a.m. Saturday. The course will be designed so that each hole is a par 3. The lowest net score wins. Entry is \$15 plus greens fees. Registration is required by 3 p.m. today. Call the golf pro shop at Ext. 7932.

Winter bowling

People can sign up now for the winter bowling leagues, scheduled to begin after Labor Day weekend. The schedule tentative-

ly includes a Sunday night mixed couples league, Monday night ladies' league, Tuesday night mixed league, Wednesday night men's league, Thursday night intramural league and Saturday morning youth league. People who wish to start their own league can do so with at least six teams. Call Ext. 2426.

Sports/camp physicals

The 14th Medical Group Family Practice Clinic will conduct sports and camp physicals Aug. 12. To make an appointment, call the clinic at Ext. 2273 or visit www.tricareonline.com and select the visit reason "school physicals."

Mixed Scramble

Couples are invited to enter this tournament scheduled for 8 a.m. Aug. 12 at Whispering Pines Golf Course. Entry is \$80 per couple and includes greens fees, golf cart, prize fund, beverages and lunch on the patio. Registration is required by Aug. 8 at the golf pro shop. For more information, call Ext. 7932.

Amazing Race Team Standings

(as of Wednesday)

One More Mile	1,052.46	What Chicken	277.03
Dyncorp 1/2 Dozen		Brain Drain	246.35
	874.31	Team APU	243.01
Alley Cats	461.68	Mamajammas	214.45
Mad Hatters	431.40	Med Log 2	139.32
Dyna 1	427.66	Cardio Attack	130.18
Screamin Racers	415.45	MisFits	121.40
Wing Machines	380.08	Team Whatever	85.93
Runs with Scissors	374.52	Team TOPA	81.85
The Super Spouses	354.13	TrailBLAZers	72.30
The Lactic Addicts	338.49	True GRITS	62.93
Are We There Yet	325.57	Drillers	44.25
Charlie's Angels	299.89	Munch Bunch	45.105
Faith Steppers	294.97	Team Logistics (MDG)	43.06
True Warriors	284.31	CE Road Runners	24.62
Anti Super Spouses	282.23	Independent Dep.	15.22